

Saturday Classes in Big Spring Park

Big Spring Park EAST (near the rock fountain)

First Saturday Fitness classes

4/5/14	5/3/14	See	7/5/14	8/2/14	9/6/14	10/4/14
Yoga	Boxing	June Below	Pilates	Interval Workout	Piyo	Interval Workout
and Wellness		2010 (and Wellness	_	and Wellness	YMCA Stacey Condron
Center			Center	•	Center	,
Jessica Shultz						
Piloxing	Insanity		TRX	Pilates	Zumba	Pilates
Tasha Edwards	University Fitness		University	Ex4l Training	24/7 Health Club	Ex4l Training
	Center		Fitness Center		and Wellness	Terrie Morring
	Robert Jackson		Vai Oldani	Moultrie	Center	Moultrie
	24/7 Health Club and Wellness Center Jessica Shultz Piloxing	24/7 Health Club and Wellness Center Jessica Shultz Piloxing Tasha Edwards 24/7 Health Club and Wellness Center Insanity University Fitness	24/7 Health Club and Wellness Center Jessica Shultz Piloxing Tasha Edwards 24/7 Health Club and Wellness Center Insanity University Fitness Center	24/7 Health Club and Wellness Center Jessica Shultz Piloxing Tasha Edwards 24/7 Health Club and Wellness Center University Fitness Center Below 24/7 Health Club and Wellness Center TRX University Fitness Center	24/7 Health Club and Wellness Center Jessica Shultz Piloxing Tasha Edwards 24/7 Health Club and Wellness Center Jessica Shultz Piloxing Tasha Edwards 24/7 Health Club and Wellness Center Center 24/7 Health Club and Wellness Center 24/7 Health Club and Wellness Center TRX University Fitness Center Piloxing Text Ex4l Training Terrie Morring	24/7 Health Club and Wellness Center Jessica Shultz Piloxing Tasha Edwards Tasha Edwards 24/7 Health Club and Wellness Center Below 24/7 Health Club and Wellness Center 24/7 Health Club and Wellness Center Plloxing Tasha Edwards TRX University Fitness Center Plloxing Terrie Morring Terrie Morring 24/7 Health Club and Wellness Center 24/7 Health Club and Wellness Center 24/7 Health Club and Wellness Center

June classes

	6/7/14	6/14/14	6/21/14	6/28/14
8:30a	Yoga	Boot Camp (9:00am start)	Interval Workout	Body Boot Camp
	Yoga w/ Mitzi	Heather Murphy Fitness	YMCA	YMCA
	Mitzi	Heather Murphy	Stacey Condron	Josh Duncan
	(Rocket City Yoga Week)			
10:00a	Turbokick	<mark>Zumba</mark>	Yoga	Gentle Yoga
	24/7 Health Club and Wellness	University Fitness Center	The Yoga Center of Huntsville	University Fitness Center
	Center	Jen Hopkins	Annette Beresford	John Hindes
	Kristy Tucker & Rainey Powers			



- *A person from the city will be there to help with any technical issues.
- *Equipment provided: Sound (wireless mic, speakers, music console, mp3 cord) available.
- *Demonstrators and participants bring any other equipment. Even though an mp3 cord is provided, we recommend you bring your own mp3/iphone cord to ensure compatibility with the sound system.